

Includes updated
recipes and allergy
introduction guidance

SMA® Althéra & SMA® Alfamino.

parents' guide

to weaning an infant with cows' milk allergy

foreword

Weaning is an exciting time for you and your baby, as you watch your little one progress from a diet of breast milk/formula milk feeds to eating family meals.

However, weaning can also be challenging with so many questions to be answered;

What foods to give?

When to introduce them?

How to introduce them?

If your infant has a milk allergy, the challenges can seem bigger as you may be worried about introducing new foods.

Don't worry help is at hand!

This practical handbook is intended as a step-by-step guide to weaning a child with milk allergy.

This guide has been updated by Lucy Upton The Children's Dietitian, with previous updates from experienced paediatric dietitians Joe Price, Heidi Ball and Angharad Banner.

Important note; Every child is different. This guide is not intended to replace the advice of healthcare professionals. If in doubt, consult your child's health visitor, doctor or dietitian.

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weaning

what's it all about?

From birth to 6 months, breast milk (or formula) will provide a complete source of energy and all the other nutrients your baby needs.

Weaning is the process of introducing your baby to solid foods, and is also known as complementary feeding.

Although breast milk or formula remains very important throughout early childhood, solids are required from 6 months to complement breast milk or formula as your baby's requirements for nutrients are increasing. A child who is only taking breast milk or formula after 6 months of age may struggle to meet their requirements for key nutrients such as iron.

A varied/balanced diet including iron rich foods e.g. meat, eggs, pulses, energy rich foods like starchy carbohydrates and higher fat food alongside fruits and vegetables will support the energy and nutrient needs of your baby.



did you know?

Weaning is not just about food and nutrition:

- Weaning helps your baby experience new tastes and textures at a time when they are very receptive to learning about these.
- Weaning helps your baby learn to move food around their mouth, chew and swallow safely.
- Learning to chew and swallow helps develop your baby's speech muscles.
- Weaning can play a part in developing your baby's social interactions as they become more involved in family meals.
- Weaning supports sensory based learning e.g. how food feels, smells and sounds (as well as tastes)

when to wean

The introduction of solid food to infants in addition to breast milk or infant formula provides a range of important nutrients.

The Government and expert scientific groups in the UK recommend* babies start solids at around 6 months of age, and not before 17 weeks of age. Remember, breast milk and formula milk can provide all the key nutrients for babies up to 6 months of age. It is encouraged that parents look for developmental signs that a baby is developmentally ready to commence solids.

These signs of readiness include:

- Baby will be able to move food from the front to the back of their mouth. Their tongue thrust reflex will have reduced and they will be able to swallow.
- Co-ordinate their eyes, mouth and hands (e.g. be able to pick food up and bring it towards their mouth.)
- Sitting upright with minimal support and holding their head steady

If you think your baby may be ready but he/she is only showing one or two signs, ask your health visitor for advice.

Common misconceptions around weaning:

- Chewing/ sucking their fists is a sign they are ready to wean
- Waking in the night is a sign they are ready to wean
- Larger babies need to wean early
- Increase in demand for breast or formula milk is a sign they are ready to wean

Remember it is what is happening inside that counts and a baby's digestive system needs to be developed enough to manage foods.

*government and expert scientific groups are: The Scientific Advisory Committee on Nutrition (SACN), British Dietetic Association (BDA) and National Health Service (NHS)



General weaning advice - for everyone!

- Always stay with your baby when they are eating
- Avoid hard foods such as raw vegetable sticks, small round foods like grapes, hard sweets and whole nuts
- Avoid adding salt or sugar to food
- Adult foods contain a lot of salt or sugar (e.g. stock cubes, baked beans, tinned soups) so try to avoid when weaning
- Honey shouldn't be given under one year of age as it may contain bacteria or fungal spores which can make your baby very ill
- Check fish for bones and ensure all bones are removed before feeding to baby
- Simple hygiene is key, always make sure you wash your hands and clean down food preparation areas before preparing baby's food
- Check food is at a suitable temperature before serving to baby

Why milk is still important

Why is milk an important part of my baby's diet?

An infant will drink less breast milk/formula after the age of 6 months as you start to introduce solid foods. However, breast or formula milk remains an important source of nutrition in early childhood.

For formula fed babies on a milk-free diet, using their prescribed special formula milk (Althera or Alfamino) in foods and recipes can help improve intake of both energy and key nutrients like calcium.

Breastfeeding and weaning.

If you are breastfeeding you should continue to do so. (Only a very small number of babies will react to traces of cows' milk protein from mother's diet coming through in breast milk. If you have been advised to exclude milk from your diet whilst breastfeeding, make sure you discuss with your Dietitian and ensure guidance on your own diet and supplementation).

For more information on vitamins visit:
www.nhs.uk/start4life/baby/baby-vitamins

Getting your baby to take a new specialist formula.

If your formula fed baby is having a cow's milk formula with or without any breast milk, your healthcare professional will recommend that you stop the usual formula your baby is taking immediately and change straight over to your new specialist formula. This will help with your baby's symptoms.

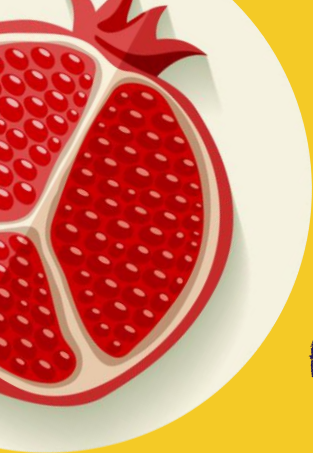
In some circumstances you may be able to gradually swap your baby onto the new formula milk by mixing the specialist formula and their old milk formula together and gradually increasing the proportion of the milk-free feed.

This should only be done if your doctor or dietitian has advised you to do so.

What about vitamins?

The UK guidelines recommend giving vitamins to babies from 6 months of age unless they are drinking more than 500ml of formula per day. If your baby is breastfed, they should have a daily Vitamin D supplement from birth. Breastfeeding mothers are also recommended to take 10ug Vitamin D daily too.

A supplement containing vitamins A, C and D should continue until your child is 5 years old.



good fun at mealtimes!

This is a new experience for both of you, so enjoy it and allow your baby to explore foods with their hands and mouth.

Once your baby is showing cues that they are ready for weaning (see page 5 for signs), seat them in a highchair and place the food in front of them.

- Provide a soft, shallow plastic spoon for your baby to play with
- Let your baby touch and play with the foods

Always try to include your baby in:

- Family mealtimes
- Eating with others
- Eating with other children - this will help develop good eating habits and make mealtimes more relaxed

Don't worry if your baby doesn't seem keen, all babies progress at different paces through weaning and some need a few attempts to get going.



In the kitchen



A hand held blender or liquidiser is inexpensive and can make puréed or mashed foods very quickly.

At the table



Have a selection of bibs ready and a plastic sheet to cover the floor.



You will also need a plastic bowl, and 2 soft, plastic shallow baby spoons (one for you and one for your baby!)

During mealtimes: you and your baby



Always stay with your child when they are feeding.



Pulling faces, throwing food or simply smearing it all over the highchair are all part of the learning process with food. Give plenty of smiles and positive praise to help reassure your little one when they are touching, exploring and tasting new foods.



Avoid wiping your baby and the tray continually – it will distract your baby and make the meal less relaxed. Embrace the mess!



Timing is of the essence

- The best time of day is one that suits you both.
- A tired baby may find mealtimes harder work, and may be more reluctant to engage with food so choose a time they are calm and alert.
- Your baby should be hungry enough to encourage them to try new foods but not too hungry.
- If your baby is so hungry that they do not want to try any weaning foods, let them have a small amount of breast milk or their specialist formula (e.g. SMA® Althéra® or SMA® Alfamino®) first and then offer the solids.



Never rush the meal but don't prolong it either, about 15-30 minutes should be enough.

Responsive feeding:



Don't force-feed, let your baby decide when they've had enough and stop the meal. Don't worry if baby doesn't take to a certain food on the first attempt, every baby is different and it may take 10 tries or more, which is normal. Appreciate your baby may eat more some days than others. Appetites can vary and your baby can have several days of lower intake when teething.

quick reference guide - weaning stages

STAGE 1 starting off

What texture?

- Smooth purée, blended or mashed
- Cooked and soft foods can be made into a purée by passing them through a sieve or by a hand blender or liquidiser
- Finger foods - e.g. cooked, cooled and soft veggies

How much?

- Begin with 1-2 teaspoons, gradually increasing the amount according to your baby's appetite.
- Follow your baby's lead with amounts to offer based on their appetite
- If offering finger foods from the start of weaning, ensure your little one is well supported in their highchair and offer options that are soft and will mash easily in their gums e.g. well cooked vegetable fingers, ripe fruit

STAGE 2 moving on

What texture?

- Gradually move onto mashed and lumpier foods which encourage your child to chew
- Continue to introduce finger foods such as soft cooked vegetable (e.g. boiled carrot/parsnip), soft toast and milk-free margarine, ricecakes, baby corn puffs or soft fruit (e.g. banana)

How Much?

- Servings can still be small
- Include meat, fish or pulses (including lentils, peas or beans) in at least 1 meal per day
- Try to offer 2-3 servings of starchy foods per day and 2 servings of vegetables and fruit

STAGE 3 family meals

What texture?

- Continue with mashed food aiming to move onto more chopped up and minced foods
- Encourage finger foods
- Encourage your child to feed themselves

How Much?

- At least one small serving of an iron rich food at each mealtime such as; fortified breakfast cereals, meat, fish or pulses (including peas, beans and lentils)
- 3-4 small servings of starchy foods and 3-4 small servings of fruit and vegetables
- Look at what you are cooking for the family and see if it can be adapted for your child e.g. a milk-free spaghetti bolognese or shepherds pie

Your healthcare professional will help you to understand where your baby is on their journey



Checking labels

FOR MILK-FREE FOODS

Labels and especially the ingredients list should always be checked. Ingredients may change without you knowing it!



Foods sold loose such as in bakeries, delis and restaurants/ takeaways must now have ingredient information available on request (either written or verbal), so always remember to ask if a food contains milk (and avoid if no information can be given).



Prepacked food sold in the UK and EU must show the 14 main allergens in the ingredients – this includes cows' milk. If a food or packet contains milk it will clearly say the word MILK which has to be emphasised such as in bold type, underlined etc. in the list of ingredients.

If a food does not clearly state the ingredients, it may be best avoided. If you require further information about the ingredients, contact the manufacturer's customer service department.

Outside of the UK, you will need to check for milk on the ingredients list.



If you are travelling outside of the EU, you will need to check for milk on the ingredients list of any foods you purchase. Milk can be present in many forms and you will need to check for the following:

- Milk powder/skimmed milk powder
 - Milk drinks /malted milk drinks
 - All types of cheese/cheese powder
 - Butter
 - Margarine/low fat spread - unless it specifically states it is milk-free
 - Yoghurt/quark/fromage frais
 - Cream/sour cream
 - Casein/caseinates/sodium caseinates/hydrolysed casein
 - Milk solids
 - Non-fat milk
 - Whey
 - Whey syrup sweetener
 - Milk sugar solids
 - Lactose - your dietitian can advise if lactose needs to be avoided
- (non-exhaustive list)

Always check labels on branded manufactured foods, even if recommended in these recipes. We cannot control any recipe changes made by other manufacturers.

Introducing allergenic foods

There are certain foods that are recognised as being responsible for most food allergies.

Of the 14 major allergens, the most common food allergies are:



Cows' milk



Eggs



Foods that contain gluten, including wheat, barley and rye



Peanuts (serve them in butter form or well ground)



Tree Nuts e.g. almonds, hazelnuts, cashews, pecans, walnuts



Seeds (serve them in butter form or well ground) e.g. sesame



Soya



Shellfish (Crustaceans & Molluscs)



Fish

Celery, mustard, lupin and sulphites are also part of the 14 allergens

Why should you introduce them?

The most up to date evidence we have on prevention of food allergies now recommends not delaying introduction of these foods. In fact introducing early, then maintaining in your child's diet may support food allergy prevention. This is also true for babies considered at higher risk of food allergy, which are babies who:

- Have a known food allergy already and/or
- Have moderate to severe eczema (often this is early onset and may need treatment with steroid creams)

For this reason, safe introduction of other food allergens (excluding milk), may be something that your Dietitian or Health Professional discusses with you*. Introducing other allergenic foods as soon as your baby starts weaning (complementary feeding), especially peanut and egg may be beneficial in supporting prevention of food allergy.

DO NOT INTRODUCE FOODS YOUR BABY IS ALREADY ALLERGIC TO.

Please discuss with your healthcare professional before you introduce allergenic foods if you have severe food allergies or eczema as they will help advise the benefits of allergy testing vs the possible link of a delay in introduction (due to lack of available testing). They will also guide on the age to introduce these foods, as some babies may benefit from introduction to these foods before 6 months of age.*

How to introduce allergenic food

Introducing allergenic foods

It's normal to feel daunted with the idea of introducing other foods more likely to cause food allergy. Here are some key tips to support safe introduction to these foods:

- ✓ Always offer one new allergenic food at a time
- ✓ Choose a day when you baby is well and if they have eczema ensure this is well managed
- ✓ Start with small amounts of the food allergen and increase gradually e.g. ¼-1/2 of a teaspoon and increase slowly over a few days
- ✓ Offer these foods earlier in the day so you have time to monitor for any reactions – ideally have more than one person at home (even if it's just for moral support)
- ✓ Keep a record of what you have given and when
- ✓ Once introduced continue to give the new food once or twice a week as part of their usual diet

Preparation tips

- Mix allergenic foods into foods you baby has already had before and enjoys e.g. cereals, vegetables, fruit or milk free yoghurt
- Ensure the food is prepared in an age appropriate way e.g.
 - Offer smooth peanut or nut butters (loosen with water, breastmilk or specialist formula) or well ground peanuts
 - Offer seeds - either as well ground versions or butters e.g. tahini for sesame
 - Ensure fish is soft and flaked with no small bones
- Continue to offer foods even if your baby doesn't seem interested the first time they try



- Skip to the next page to see some recipe ideas to introduce common food allergens
- On page 60 you can make a note of when you have introduced new foods and whether your baby enjoyed them

What if my baby has an allergic reaction?



- It is important to understand the common signs and symptoms of an allergic reactions so you are able to recognise any immediate or delayed symptoms once you start offering common food allergens to your baby. A detailed list of symptoms can be found on the NHS website (<https://www.nhs.uk/conditions/allergies/symptoms/>) and/or Allergy UK website (<https://www.allergyuk.org/about-allergy/allergy-in-childhood/>). Remember that severe reactions are very rare.
- **If you think your baby might be having an allergic reaction or symptoms during weaning you must always stop giving that food and seek medical advice immediately.**





Suggestions for how to introduce allergenic foods

	First ways to offer	Easy meals for maintenance
 Egg (Choose lion stamped eggs)	Hard boil an egg for 10 minutes then blend the yolk and white together. Mix with sweet potato or a vegetable your baby enjoys. Or Mix the blended boiled egg with a milk free yoghurt or cream and spread on toast Or Offer omelette strips	Eggly bread Egg muffins Pancakes Frittata Scrambled egg Omelette Add to: fish pie or toast
 Peanut	Choose a smooth 100% peanut butter or use well ground unsalted peanuts. Add to; porridge, milk free yoghurt, fruit or vegetables	Peanut butter on toast or pancakes Peanuts butter or ground peanuts stirred into porridge, cereals or muffins Peanut butter blended into curry, fruit purées or milk free yoghurt


Suggestions for how to introduce allergenic foods

	First ways to offer	Easy meals for maintenance
 Wheat	Options could include: Wheat based cereal mixed with a milk alternative Toast slices Couscous or small pasta pieces mixed into your baby's preferred vegetables	Plain cereals e.g. wheat biscuits Bread and other products containing flour e.g. pancakes, muffins, fritters Pasta Couscous Soft crackers or breadsticks
 Soya	Offer a small amount of plain soya yoghurt or soya milk mixed with your baby's normal cereal Some babies also have their first exposure to soya in the form of soya flour which can be found in many breads	Tofu – scrambled, as a finger food or in cubes Plain soya yoghurt Plain soya milk used on cereal or in foods

Suggestions for how to introduce allergenic foods

	First ways to offer	Easy meals for maintenance
 Fish	Softly cook or poach white or oily fish or choose a tinned fish (in spring water). You can combine flaked fish with potato or a preferred vegetable as a purée/mashed option or into a fishcake as a finger food	Fish pie Fish cakes Fish pieces – roasted or poached Fish pasta e.g. tuna pasta bake
 Shellfish	Consider offering shellfish you commonly have at home. Ensure it is fresh and well cooked the whole way through. Blend or mince and add to potato or a preferred vegetable as a purée/mashed option or into a potato cake as a finger food	Prawn or crab cakes Seafood pasta Curry or stew

Suggestions for how to introduce allergenic foods

	First ways to offer	Easy meals for maintenance
 <p>Tree nuts</p> <p>*there are lots of different tree nuts. Start with ones you more commonly have at home</p>	Choose a smooth tree nut butter or well ground tree nut e.g. ground almonds. Add to cereal, porridge, milk free yoghurt or puréed/ mashed fruit	Tree nut butters on toast Ground nuts added to; muffins, pancakes, cereals or porridge
 <p>Seeds</p> <p>e.g. sesame</p>	For sesame offer tahini (sesame paste) or hummus**. Offer mixed into a vegetable mash, or spread on toast	Hummus** Tahini spread on toast or pancakes Tahini mixed with puréed/mashed fruit

**be mindful of salt content

Where can I find more information?

- Parents can find comprehensive guidance about introduction of allergenic foods during weaning on the following websites:
 - <https://www.bsaci.org/about/early-feeding-guidance>
 - <https://www.allergyuk.org/weaning/supportpack>

Recipes

The following recipes will help you to prepare milk-free meals for your child. Some of the recipes in this guide contain specialist formulas Althéra or Alfamino in everyday family foods, such as white sauce used for pasta and fish. Incorporating your milk-free formula into recipes will help improve the intake of calcium and calories which can be lacking in a diet which contains no cows' milk.

Other specialist/prescribed formula milks can be used in place of SMA® Althéra® or SMA® Alfamino® if recommended by your doctor or dietitian.

As you gain confidence you may be able to adapt family meals to make them suitable for your child. There are many family meals which are already milk-free such as a traditional Sunday roast (without the Yorkshires!) and chilli con carne so it is often possible to prepare a meal that all the family can eat and enjoy.

If you choose to freeze extra portions, ensure the food is defrosted properly, fully reheated and then stir in the Althéra or Alfamino.



vegetable purées

Pea and potato purée

(makes approximately 4-6 portions of purée)

2 medium potatoes, peeled and cut into small pieces

100g frozen peas

8 scoops specialist formula (Althéra/Alfamino)

Instructions

Boil the potatoes until soft in unsalted water then drain. Boil the peas until soft in unsalted water then drain. Blend the vegetables together until smooth.

Mix in the specialist formula in the blender or with a spoon.

Add a little boiled water if too thick.

Sweet potato and parsnip purée

(makes approximately 4-6 portions of purée)

1 medium sweet potato, peeled and cut into small pieces

1 medium parsnip, peeled and cut into small pieces

8 scoops specialist formula (Althéra/Alfamino)

Instructions

Boil the sweet potato and parsnip until soft in unsalted water then drain. Blend the vegetables together until smooth, and then stir in specialist formula.

Add a little boiled water if too thick.

variations

- Swede and carrot
- Butternut squash and parsnip
- Courgette and potato
- Broccoli and sweet potato
- Sweet potato and cauliflower
- Carrot and potato



fruit purées

Apple and pear purée

(makes approximately 4-6 portions of purée)

2 dessert apples, peeled and cut into small pieces

1 pear, peeled and cut into small pieces

8 scoops of specialist formula
(Althéra/Alfamino)

Instructions

Cut the fruit into small pieces and cook gently in a pan with a little water over a low heat until all the fruit is soft. Drain any excess water then blend to a smooth purée. Add the specialist formula and stir well.



Banana Mash

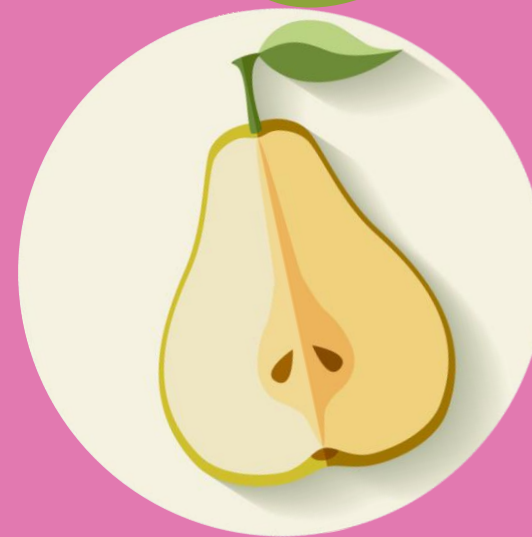
2 bananas

60 ml of pre-made specialist formula
(Althéra/Alfamino)

(you can add 30ml of water if it is too thick)

Instructions

Chop the bananas into small chunks and blend to a smooth purée, then stir in the pre-made specialist formula.





breakfast

Breakfast Porridge

(makes 2 portions)

1 tbsp. porridge oats

90ml water

4 scoops specialist formula
(Althéra/Alfamino)

Instructions

In a saucepan or microwave add the porridge and water and bring to the boil and simmer for 5 minutes, then take off the heat and mix in the specialist formula.

variations

- Add puréed fruit to flavour
- Grate veggies such as carrot or courgette to porridge with some spices like cinnamon
- Add a dollop of milk free yoghurt alternative if you need to cool your porridge down
- Stirring in smooth nut butters or well ground nuts can be a great way of maintaining intake of nuts once introduced to your baby (see page ... about introducing nuts)



dessert

Custard

(makes 4 portions)

1 tbsp. of milk-free custard powder

200ml specialist formula (180ml water and
6 scoops Althéra/Alfamino)

Instructions

Mix custard powder with 50ml of specialist formula mix to make a paste. Then, gently heat the remaining specialist formula mixture in a pan.

Remove from the heat and slowly add the custard mixture stirring continuously.

Return to the heat and heat until thickened.



variations

- Add puréed fruit such as banana, apple or raspberries for flavour



stage 2

Introducing finger foods to baby

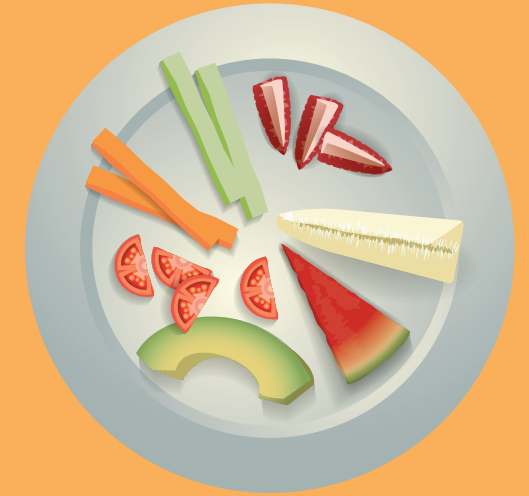
Finger foods are pieces of food that your baby can easily hold.

Cut into pieces the size of an adult finger.

Start with soft foods and gradually progress onto harder finger foods.

Suggestions:

- Soft cooked pasta – twirls, macaroni etc
- Sticks of steamed vegetable e.g. carrot, parsnip, courgette, sweet potato, broccoli
- Fruit sticks cut into long thin pieces e.g. ripe banana, pear, avocado, melon
- Rice cakes, breadsticks
- Fingers of toast, pitta bread spread with milk-free margarine etc (always check labels on breads as they may use milk products when baking)
- add in fingers of boiled egg or omelette (refer to page 17 for egg introduction)



Eat a rainbow! Variety is important, as different coloured fruit and vegetables contain their own combination of vitamins and minerals.



Breakfast or finger food

Easy pancake recipe

(makes 8-10 small pancakes)

100g self raising flour

100ml oat milk

1 egg

1 banana

variations

- Swap the banana for other fruits e.g. redcurrants or raspberries
- Add 1 tsp of vanilla extract, a tsp of lemon juice and 1-2 heaped tsp of poppy seeds.



Major allergens:

 wheat

 egg

STAGE 2+

Instructions

- Pour the oat milk into a bowl. Sift in the flour, slowly, and mix thoroughly to avoid lumps.
- Add the egg to the mixture and whisk until full combined to make your smooth batter.
- Slice your banana into thin slices.
- Heat a frying pan on a medium heat with a drizzle of vegetable oil or milk-free margarine.
- Add a table spoon of the batter to the pan to create a circle. Add slices to the top of your batter using tongs or a fork. Once the batter starts to set at the slides (1-2 minutes) use a spatula to flip and cook the other side for a further 1-2 minutes until set.



Breakfast or finger food Breakfast bar

Major allergen:
wheat

STAGE 2+

(makes 6-8 fingers)

50g desiccated coconut

50g wheat biscuits (blitzed or crushed)

50g oats

75g of frozen cherries

1 tsp of vanilla essence

200ml fortified oat milk alternative

Instructions

Preheat the oven to 180°C and line a square baking tray approximately 10-12cm with baking paper.

In a bowl mix together the coconut, oats & blitzed wheat biscuit crumbs.

Add in the vanilla essence and milk together in a jug.

In a food processor or blender, blend together the cherries and 75mls of oat milk.

Mix in half of the dry mixture to form a pink/ purple mixture.

In a separate bowl, combine the remaining 125mls of oat milk and dry mixture.

Spoon the pink mixture into half the baking tray and then press down. Add the lighter mixture to the other side of the tin.

Bake for 25-30 minutes until starting to come away from the edge of the tin and no longer wobbles.

variations

- Swap the frozen cherries for other fruits e.g. blueberries or raspberries
- Swap the oat milk for other milk alternatives e.g. soya, coconut
- Add more milk alternative to soak into the bar and serve as a mashed/ soft cereal



white sauce

1tbsp milk-free margarine

1tbsp plain flour

160ml specialist formula (150ml water and 5 scoops Althéra/Alfamino)

Instructions

Melt the milk-free margarine in a pan, then add the flour and stir until a paste has formed. Then take off the heat and slowly mix in the specialist formula mixture, put back on the heat and stir until thickened. Can be made on the hob or in the microwave whisking regularly.

(If sauce still appears thin, it will thicken on cooling).

variations

- For a cheese sauce add 50g grated milk-free cheese and put back on the hob to melt, stirring continuously
- For a tomato sauce add 1 tsp. of tomato purée and a pinch of dried mixed herbs or basil (optional)

Major allergen:

 wheat

tips

For gluten-free sauce, use cornflour to thicken instead of flour as follows;

Mix the cornflour with a little of the cold specialist formula to make a smooth paste. Add the milk-free margarine and remaining specialist formula and place on the heat and stir continuously until the sauce boils and thickens. If using a microwave, stir every 30 seconds.

This sauce can be frozen in individual portions (refer to general freezing comment on page 21).



fish in herb sauce

(makes 2-3 portions)

150g boneless white fish or salmon
(fresh or frozen)

Specialist formula (Althéra/Alfamino)
white sauce
(see recipe on page 37)

1tbs fresh parsley finely chopped for
white fish or dried tarragon for salmon

Instructions

Steam or microwave the fish, or alternatively poach it in a little specialist formula, until soft and cooked through (approximately 5 minutes).

Make up the specialist formula sauce, then add the parsley or tarragon.

Pour onto the fish or flake the fish into the sauce.

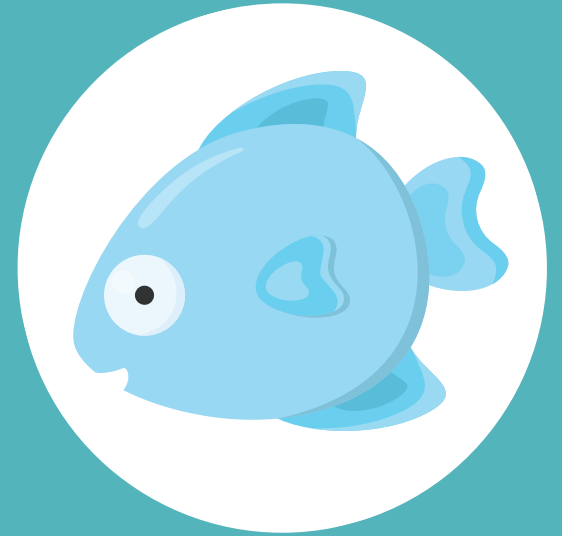
Serve with mashed potato or rice and vegetables.

Always check for bones before serving.

Major allergens:

 wheat

 fish



Good to know:

White fish is a great source of iodine for babies following a milk free diet. This is an important nutrient to consider, and can be harder to get enough of on a milk free diet



creamy leeks

(makes 2-3 portions)

1 leek, finely sliced

Specialist formula (Althéra/
Alfamino) white sauce (see
recipe on page 37)

50g hard milk-free cheese,
grated

Instructions

Slice the leeks and boil or
steam until soft.

Make the specialist formula
white sauce and stir in the
drained leeks.

Sprinkle with grated milk-free
cheese and grill until golden
brown.

Good to know:

Pair this with an iron rich food e.g.
softly stewed meat, oily fish, boiled
egg fingers or add in some beans

variations

- Try using courgettes or potatoes instead
of leeks



macaroni cheese

Major allergen:

 wheat

A good finger food from 8 months.

(makes 2-3 portions)

50g dried macaroni

Specialist formula Althéra/Alfamino milk-free cheese sauce (see recipe variation on page 37)

50g of milk-free cheese, grated

Instructions

Cook the macaroni following the pack instructions until soft, then drain.

Meanwhile make the specialist formula cheese sauce.

Mix together the sauce and macaroni

Top with more milk-free cheese and grill.

tips

Use gluten- or wheat-free pasta if you need a gluten- or wheat-free version.

variations

- Add cooked veg to this recipe such as peas, spinach, broccoli, leeks or cauliflower. You can even blend half of the vegetables into the cheese sauce.



tuna and sweetcorn pasta with tomato sauce

A good finger food from 8 months.

(makes 3-4 portions)

50g dried pasta

160g tinned tuna in spring water (avoid brine)

Specialist formula (Althéra/Alfamino)
tomato sauce (see tomato sauce recipe and recipe variations on page 37)

4 tbsp. sweetcorn and peas – frozen or tinned

Instructions

Cook the pasta following the pack instructions until soft then drain.

In the meantime, make the specialist formula tomato sauce.

Drain the pasta and add the cooked, softened sweetcorn, peas and drained tuna, then stir.

Pour over the sauce and fold into the pasta.

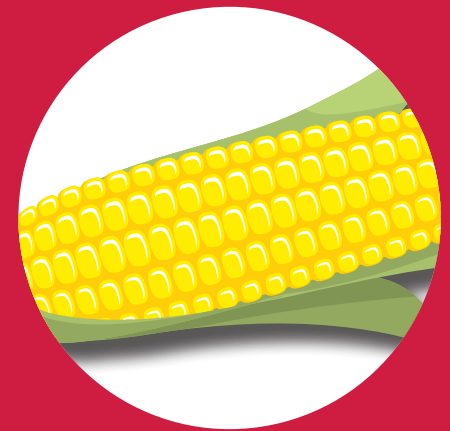
variations

- Add other cooked vegetables such as diced carrots, soft cooked peppers, chopped broccoli or leeks or mixed vegetables (fresh or frozen)
- Use salmon (free of bones) or cooked chicken or ham instead of tuna (check any pre-cooked meat is milk-free). For a veggie version add in tinned beans or chickpeas

Major allergens:

 wheat & gluten

 fish





chicken casserole

Major allergen:

 wheat

STAGE 2+

(makes 3-4 portions)

1 tbsp. vegetable oil

200g chicken breast, diced

1 clove crushed garlic

1 onion, chopped

200g chopped mixed vegetables
(e.g. carrot, sweet potato, parsnip)

2 tbsp. tomato purée

1 tbsp. dried mixed herbs

260ml specialist formula (240ml water
and 8 scoops of Althéra/Alfamino)

2 tsp. cornflour

Instructions

Pre-heat the oven to 160°C fan / 180°C / 365°F / gas mark 4.

Heat oil in a saucepan, add chicken and cook until browned.

Add garlic and onion, cook until soft.

Add chopped vegetables and stir.

Add tomato purée and herbs.

Mix cornflour with some of the water to make a smooth paste, add the rest of the water and 8 scoops of specialist formula and stir into the saucepan with the chicken mixture.

Transfer to a casserole dish and cook in oven for 1 hour.

Serve with mashed potato or rice.

variations

- Vary the vegetables used: swede, butternut squash, leeks
- For a vegetarian version try adding some tinned beans, such as butter beans, borlotti or red kidney beans (avoid beans in salted water, or rinse them well)
- Use beef or pork or lamb instead of chicken



sweet potato cakes

Major allergen:

 sesame

(makes 8-10 cakes)

2 sweet potatoes, chopped into small pieces

1 tbsp. tahini (sesame paste)

1 x 400g tinned chick peas

2 tbsp. tomato purée

60ml water and 3 scoops of specialist formula (Althéra/Alfamino)

½ tsp. cumin

1 clove garlic, crushed

1 tbsp. fresh coriander, finely chopped

Good to know:

Did you know that chickpeas are a good source of protein, iron and fibre.

Tahini is a great way to introduce sesame into your baby's diet - one of the common allergens. Check out page 20 for more information on introducing these foods.

Instructions

Pre-heat the oven to 200°C fan/220°C/425°F/gas mark 7.

Boil the sweet potatoes until soft and drain.

Mash the chickpeas until slightly squashed.

Add the sweet potato and the rest of the ingredients to the mashed chick peas and stir thoroughly.

Form small patties in your hand and place on a greased baking tray.

Cook for 20 mins until slightly brown and firm to the touch.

lentil ragu

(makes 6-8 portions)

- 1 tbsp. olive oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 red pepper, finely chopped
- 1 clove garlic, finely crushed
- 100g red split lentils
- 1 tsp. mixed herbs
- 2 tbsp. tomato purée
- 1 x 400g tinned chopped tomatoes
- 200ml specialist formula (180ml water and 6 scoops of Althéra/Alfamino)

Instructions

Heat the oil on the hob in a non-stick saucepan and add the chopped onion. Cook for 2-3 minutes until soft and slightly brown.

Add the chopped carrot, pepper and garlic and cook for 5 minutes.

Add the lentils and mixed herbs and stir.

Add the tomato purée, tinned tomatoes and specialist formula mixture and stir.

Cook on a medium heat for about 30 minutes or until the vegetables are soft, ensuring it is boiling gently.

Serve with pasta or mashed potato.

Good to know:

Lentils are a good source of plant based iron and fibre.


Did you know?

You can introduce babies to herbs and spices (just be careful with chilli) from the start of weaning. Using dried herbs and spices are a really easy way to add variety to your baby's diet.



dessert chocolate pear pudding

Major allergens:

 wheat

 egg

(makes 6-8 portions)

100g milk-free margarine

100g of dates soaked in 100ml warm water

100g self-raising flour

2 medium eggs

25g cocoa powder

1tsp vanilla essence

1 x 420g tin of pear halves in fruit juice, drained and chopped

variation

- Spoon the chocolate mixture into cupcake cases and place the chopped pear on the top to make mini muffins.

Instructions

Preheat the oven to 180°C fan/200°C/400°F/gas mark 6.

Blend the dates and water together as much as possible using a food processor.

Beat the milk-free margarine and blended dates together until slightly paler in colour.

Add the flour and eggs to the mixture and stir well.

Add the vanilla essence and cocoa powder and mix until fully combined.

Place the chopped pear into a small greased ovenproof dish (9 inch x 7 inch) and top with the chocolate mixture.

Cook for 30 – 40 minutes until set in the middle and slightly cracked on the top.



dessert

coconut peach ice cream

1 x 400g tin of coconut milk

1 x 410g tin of peach slices in fruit juice

Instructions

Heat the coconut milk in a saucepan until nearly boiling and then remove from the heat.

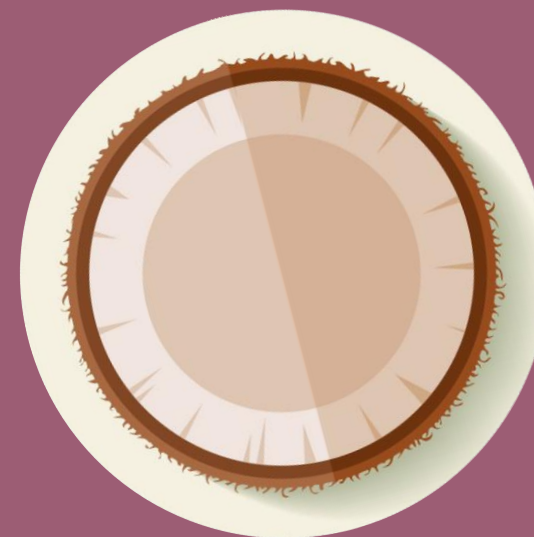
Add the tinned peach slices and blend until smooth.

Pour into a 1 litre plastic container and leave to cool on the side for 30 minutes.

Put the mixture into the freezer for approximately 30 minutes.

Remove from the freezer and whisk using a hand blender.

Return to the freezer for another 30 minutes and repeat this step until all the mixture is frozen and looks like ice cream.



dessert jelly

4 cubes of no added sugar jelly*

60ml boiling water

60ml specialist formula (50ml water and 2 scoops powdered Althéra/Alfamino)

Instructions

Add the jelly to a saucepan and pour in the boiling water, allow the jelly to melt while on a gentle heat.

Allow the jelly to cool slightly before adding the specialist formula mixture.

Place the jelly into moulds and refrigerate until set.

*We used strawberry jelly here but you can choose your favourite flavour



tips

You can buy different shaped jelly moulds to add fun to mealtimes!

There are many different flavoured Jellies available, strawberry and orange are very popular!



Meal planner

To be completed by your healthcare professional.

For

Age

Feeding goals

Meal planning top tips

Breakfast

Suggestion #1:

Add:

Note:

Suggestion #2:

Add:

Note:

Lunch

Suggestion #1:

Add:

Note:

Suggestion #2:

Add:

Note:

Dinner

Suggestion #1:

Add:

Note:

Suggestion #2:

Add:

Note:

Snack

Suggestion #1:

Add:

Note:

Suggestion #2:

Add:

Note:

diary

Diary for tracking food introduction.

date/time offered	new food

amount eaten	likes and dislikes

weaning and recipe notes

weaning and recipe notes

weaning and recipe notes

You can store other recipes and notes you may have in this handy pocket



Made available through your child's healthcare professional

Important notice: The best way to feed a baby is to breastfeed, as breast milk provides the ideal balanced diet and protection against illness for your baby and also many non-nutritional benefits for both baby and mother. We recommend that you speak to your healthcare professional when deciding on your choice of feeding your baby. Professional guidance should also be sought on the preparation for and maintenance of breastfeeding. If you do choose to breastfeed, it's important to eat a healthy, balanced diet. Infant formula is intended to replace breast milk when mothers choose not to breastfeed or if for some reason they are unable to do so. A decision not to breastfeed, or to introduce partial bottle-feeding, will reduce the supply of breast milk. If for any reason you choose not to breastfeed, do remember that such a decision can be difficult to reverse. Infant formula should always be prepared, used and stored as instructed on the label, in order to avoid risks to a baby's health.

SMA® Althéra® is for complete nutritional support from birth or supplementary feeding from 6 months and up to 3 years of age for the dietary management of cows' milk allergy. SMA® Alfamino® is for complete nutritional support from birth or supplementary feeding from 6 months and up to 3 years of age for the dietary management of severe cows' milk allergy and/or multiple food allergies.

Careline: 0800 081 8180 ROI: 1800 931 832

www.nestlehealthscience.co.uk/cma

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